Seriously great Shakes

Heading into a sold-out tour with a buzzed-about debut album, even Alabama Shakes can't believe their unexpected good fortune PAGE 7

Fringe benefits

Get more bang out of the season's hottest hairstyle with our expert tips PAGE 9

SASKATOON metro®

Thursday, April 19, 2012

News worth sharing.

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A recent survey says the public's satisfaction with the SPS is at 91.8 per cent. MORGAN MODJESKI/METRO

Public gives police top marks: Survey

Popularity on the rise. Chief says trust and confidence in the police force leads to a better relationship with the public

MORGAN MODJESKI
morgan.modjeski@metronews.ca

A recent survey submitted to the Saskatoon Board of Police Commissioners shows that public satisfaction with the Saskatoon Police Service (SPS) is on the rise.

The survey, conducted by Insightrix Research, explains the public's satisfaction with police for 2011 was at 91.8 per cent compared to 85 per cent in 2005.

Satisfaction also increased among the city's aboriginal population from 59 per cent in 2005, to 89 per cent in 2011. Perception of safety and safety in school increased slightly, as well.

Clive Weighill, chief of police, said these numbers are beneficial as trust and satisfaction with police ensure a solid relationship between officers and the public.

"I certainly think it facilitates a better relationship between the police and the public, which would lead us to work together to prevent crime," said Weighill. "If you have trust and confidence in your police service, naturally you'll work with them a lot closer than if there is distrust, so for us it's a key mark of moving ahead."

The survey also documented the city's top three issues of community concern, with traffic violations and speeding being the top concern at 41 per cent, gang activity second at 37 per cent, and drug law enforcement at 32 per cent.

Building boom in Boomtown

Saskatoon's natural resources are driving investment in non-residential construction, putting it among the country's leading cities PAGE 2

Cultural icon Dick Clark dead at 82

Promoter brought rock 'n' roll into the mainstream on American Bandstand PAGE 3

Fill it in with cream cheese

Cream-cheese-maple frosting down the centre of those carrot cakelets add extra sweetness PAGE 11

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NEWS

On the web

Taking a hot shot at the sun

NASA has released photos and video footage of a glowing red loop of plasma erupting from the sun's surface on Monday. Watch at metronews.ca

On the horns of a historical dilemma

Ever wonder who came up with the genius idea that Vikings should wear hats with horns? Turns out, probably no one (well, maybe poets and artists). Watch as this and other historical misconceptions are set straight at metronews.ca

Mobile news

A 'monster' international drug bust nabbed more than 43 tonnes of hash, the RCMP says. The estimated $860 million worth of hash destined for Halifax and Montreal was found in several countries, including Pakistan, Belgium, Italy and Canada. Scan the code for the story

Poundmaker

Saskatchewan chief admits to stealing funds

Chief Duane Antoine of the Poundmaker First Nation pleaded guilty this week to one count of theft under $5,000.

In all, nine band members faced a total of 47 charges of theft, fraud and breach of trust relating to misspending of Treaty Land Entitlement funds in 2004.

Some Poundmaker residents weren't satisfied that justice was served. Elder Wes Favel said a lot of money was misused and a stiffer penalty was called for. THE CANADIAN PRESS

Indian Act

Aboriginals need new form of government: Elijah Harper

Aboriginal leader Elijah Harper has called for the creation of a third level of government to break the legacy of disadvantage established by Canada's Indian Act.

Addressing the Saskatchewan branch of the Canadian Bar Association on Tuesday, Harper called the Indian Act a noose hanging around the neck of every aboriginal person, saying it serves only to restrict their freedoms.

He said a third level of government would oversee First Nations and allow them to elect officials and create their own laws. THE CANADIAN PRESS

Shelterbelt trees

Axed tree program on minister's agenda

The province is still in need of the shelterbelt tree program, Saskatchewan's agriculture minister says.

Bob Bjornerud said Wednesday that he will tell federal Agriculture Minister Gerry Ritz how important the service is when he and his provincial counterparts meet in Ottawa on Friday.

The program, which provides free trees to farmers, is being axed as Ottawa tries to save money. Ritz has said advanced farming techniques don't produce as much soil erosion so the trees aren't necessary.

Bjornerud says the province won't take over the program but he hopes the private sector will step in to help keep it going. THE CANADIAN PRESS

Saskatoon is living up to its nickname, Boomtown, as statistics show it is among the country's leaders in increased investment in non-residential construction. NATHAN RAINE/FOR METRO

City building boom rivals fastest-growing centres

Welcome to 'Saska-boom.'
Province's resource base behind rise in industrial construction

NATHAN RAINE
For Metro

Investment in non-residential construction is up 0.7 per cent to $11.1 billion across the country in the first quarter of 2012, Statistics Canada reports, noting the increase comes after two consecutive quarters of decline.

Saskatoon ranks among the fastest-growing cities in Canada, behind Toronto, Montreal, Winnipeg and Vancouver, for spending on non-residential construction.

Blaine Dubreuil, controller at Allan Construction, says Saskatchewan's natural resources have been a catalyst in the upsurge.

"We've seen a tremendous amount of activity in the Saskatoon area. For us, a lot of it is driven by potash-industry expansion," Dubreuil said. "We're seeing anywhere between a 15 to 25 per cent increase on our activity this year over our activity last year."

This growth in Canada is due largely to investment in industrial building construction, which is up 2.8 per cent ($1.3 billion). Commercial building construction is also up, by 1.6 per cent ($6.7 billion).

Saskatchewan continues to keep pace with the fastest-growing provinces, with the biggest increases in non-residential growth coming in this province and Manitoba. Dubreuil says he anticipates growth continuing for the foreseeable future.

Nests made from old phone wire will be placed along Broadway Avenue as part of an exhibition at the Affinity Gallery. CONTRIBUTED

Art on Broadway. Nests a feather in gallery's cap

Broadway Avenue is set to become a nesting ground.

Artist and teacher Monique Martin will place 400 handmade nests along the street for her artwork titled Nest—Nest Egg—Empty Nest.

The nests, made from old phone wire, are part of an exhibition that's opening at the Affinity Gallery (813 Broadway Ave.) on April 20.

"I think it will enrich (spectators') visual experience," said Leslie Potter, an education co-ordinator with the Saskatchewan Craft Council. "It's trying to portray to people all of the stages that you go through as a human being," he said, adding the outdoor nests may bring people into the gallery.

The nests will go up along Broadway on April 24. MORGAN MODJESKI/METRO

Khadr transfer from Guantanamo in Ottawa's hands

Diplomatic favour. Sources suggest U.S. hopes to speed transfer of prisoner back to Canada

Convicted Canadian war criminal Omar Khadr, who became a poster child for the excesses of the war on terror, is a significant step closer to leaving Guantanamo Bay with a formal request for his transfer to Canada now in Ottawa's hands.

But diplomatic wrangling persisted, with one source suggesting the Americans were "desperate" to send Khadr home, and that a reluctant Canadian government was essentially being strong-armed into taking him.

According to the source, the Americans are "bending over backwards" to ensure Khadr's exit from Guantanamo Bay and would have to "bend their way around a number of their own rules" to make that happen.

Convicted war criminal Omar Khadr. FILE PHOTO|THE CANADIAN PRESS

"The U.S. needs to get rid of this guy for their own reasons," said one source familiar with the file.

A spokeswoman for Public Safety Minister Vic Toews confirmed on Wednesday that the federal government was considering the request to take him off U.S. hands, which sparked an outpouring of mostly anti-Khadr reaction among Canadians.

Mark Toner, spokesman for the U.S. State Department, acknowledged Wednesday that Washington wanted to empty Guantanamo's cells and that the government had approved Khadr's transfer.

Khadr, 25, was eligible to return to Canada from Guantanamo Bay last October under terms of a deal reached a year earlier in which he pleaded guilty to five war crimes committed in Afghanistan as a 15-year-old.

Prime Minister Stephen Harper's government has been reluctant to accept Khadr and diplomatic arm-twisting over his transfer has continued.

THE CANADIAN PRESS

Funding shortfall. New hearing ordered for First Nations child welfare

A new Federal Court ruling on child welfare clears the way for First Nations to challenge federal funding for education, policing and health care, says the Canadian Human Rights Commission.

The court handed First Nations groups and child-welfare advocates a victory on Wednesday, ordering a new hearing into whether Ottawa is discriminating against native children.

The ruling rejected the federal government's technical attempts to prevent First Nations groups from arguing for better funding for child welfare on reserves.

"This is an important victory, not only for the First Nations who are involved in the case...," acting human rights commissioner David Langtry said in an interview.

First Nations groups say Ottawa is discriminating against native kids because the support the feds provide for child welfare on reserves is much lower than what kids off reserves get from provincial governments — even though the need is greater.

THE CANADIAN PRESS

A boy from Cat Lake First Nation in northern Ontario lounges in the bright spring sun on April 13. HEATHER SCOFFIELD/THE CANADIAN PRESS

Tori Stafford trial

Accused made Facebook post on day of murder

Hours before eight-year-old Victoria Stafford was abducted, allegedly sexually assaulted and killed, the man accused in her death bragged online that good things were coming his way.

Michael Rafferty had taken to Facebook to post an upbeat status message, the court heard.

"Everything good is coming my way," he wrote. THE CANADIAN PRESS

Elephant fallout

Toronto Zoo loses accreditation

After more than three decades, the Toronto Zoo has been denied accreditation by the Association of Zoos and Aquariums.

The zoo is still able to operate but has lost the approval of the association, after a controversial decision to ship three of the zoo's elephants to a sanctuary in the United States.

THE CANADIAN PRESS

Texas nurse charged in killing, baby abduction

In this undated family snapshot Kala Marie Golden, right, with her two sons. Golden was murdered and her 3-day-old baby abducted outside a pediatric clinic on Tuesday. THE ASSOCIATED PRESS FILE

A Texas woman accused of killing a young mother and abducting her three-day-old boy had suffered a miscarriage and intended to "adopt" the newborn as her own, authorities said Wednesday.

Verna McClain, 30, is charged with capital murder after confessing to killing the new mother and grabbing tiny Keegan Golden from outside a pediatrician's office in suburban Houston. Keegan was found unharmed hours later with McClain's sister.

The Montgomery County sheriff's office said Wednesday that McClain - estranged from her husband, with whom she had raised three children - had told her fiance she was pregnant and had given birth to his child. Instead, McClain had miscarried, Capt. Bruce Zenor said.

McClain's sister, Corina Jackson, told authorities that she had talked about needing to "do the adoption" soon after taking Keegan.

Her fiance, who was not identified Wednesday, is being interviewed by authorities.

Sheriff Tommy Gage said Kala Golden had placed Keegan into her pickup truck Tuesday afternoon after leaving Northwoods Pediatric Center in Spring, about 32 kilometres north of Houston. The suspected shooter was parked next to her, Gage said.

During the confrontation, the woman repeatedly shot Golden, then snatched the child from her truck and drove away, according to witness accounts. The dying woman leaned into the vehicle and tried to take the boy back, screaming, "My baby!" but her attacker sped off.

McClain is a vocational nurse, a job that involves providing basic nursing services under the direction of registered nurses and doctors. She does not work at the pediatric centre, according to a clinic receptionist, Jackie Longoria.

THE ASSOCIATED PRESS

Police tipped off

Two detectives spotted a vehicle on Tuesday outside a nearby apartment complex that matched witnesses' descriptions.

- **Investigators said McClain's statements included only information the shooter would know.**
- **Police allege McClain's plan was to kidnap any child and that Golden was simply a convenient target.**

The oldest teenager

Television icon Dick Clark dies

Dick Clark, the ever-youthful television host and tireless entrepreneur who helped bring rock 'n' roll into the mainstream on "American Bandstand," and later produced and hosted a vast range of programming from game shows to the New Year's Eve countdown from Times Square, has died. He was 82.

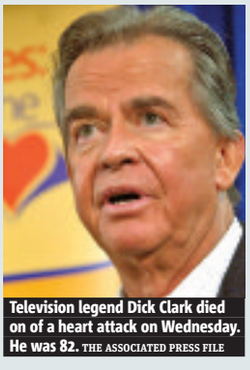
Spokesman Paul Shefrin said Clark had a heart attack Wednesday morning at Saint John's hospital in Santa Monica, where he had gone the day before for an outpatient procedure.

Clark had continued performing even after he suffered a stroke in 2004 that affected his ability to speak and walk.

Long dubbed "the world's oldest teenager" because of his boyish appearance, Clark bridged the rebellious new music scene and traditional show business, and equally comfortable whether chatting about music with Sam Cooke or bantering with Ed McMahon about TV bloopers.

He thrived as the founder of Dick Clark Productions, supplying movies, game and music shows, beauty contests and more to TV. Among his credits: "The $25,000 Pyramid," "TV's Bloopers and Practical Jokes" and the American Music Awards.

THE ASSOCIATED PRESS



Television legend Dick Clark died on of a heart attack on Wednesday. He was 82. THE ASSOCIATED PRESS FILE

White House apology

U.S. troops posed for photos with insurgent corpses

The White House and the Pentagon voiced regrets Wednesday for newly published photographs that purport to show U.S. troops posing with the bodies of dead insurgents in Afghanistan, with Defence Secretary Leon Panetta calling them a violation of America's "core values."

"My apology is on behalf of the Department of Defence and the U.S. government," Panetta told a news conference following a NATO meeting in Brussels. It was the latest in a series of recent Afghan battlefield embarrassments for the United States, and it came at a time when Washington is still working with President Hamid Karzai in Kabul to smooth over strained relations.

THE ASSOCIATED PRESS

Canada becoming a net loser in oil-price increases: BoC

Crude costs. Oversupply and capacity contributing to undervaluing of western Canadian oil, Bank of Canada says

The Bank of Canada says Canadians are losing out on the run-up in world oil prices, which is impacting everything from business-input costs to consumer spending and inflation.

In a new analysis of the current makeup of crude prices, the central bank said Wednesday that Canada has been importing high-priced Brent crude pumped in the North Sea and exporting lower-priced oil from Alberta since January, negatively impacting overall trade.

"The increase in the price of our oil imports raises production costs for Canadian firms and also puts upward pressure on gasoline prices, since about half of the gasoline purchased in Canada is produced using refined petroleum priced off Brent," the bank said in a statement.

Price gap

- For more than a year, the gap has been widening between the price of the Brent oil Canada imports from the world and the price of West Texas Intermediate (WTI) oil paid to Canadian producers.
- The difference now stands at about $20 a barrel. Furthermore, some Canadian crudes are priced even lower at the Western Canada Select rate, which is now about $20 below WTI.

That puts downward pressure on Canada's real gross domestic income, dropping the country's spending power to buy foreign goods and services, the bank said. In turn, it also dampens spending on domestically produced goods and services.

Increases in oil prices are usually beneficial to Canada because the country exports more than it imports, with the resulting gain in real income from exports more than offsetting cost increases for businesses and consumers who must fill up at the pump.

"This is why the recent evolution of oil prices since January has been unfavourable for Canada," the bank said in its Monetary Policy Review, noting that about half of the gasoline purchased in Canada is more closely tied to the higher-priced Brent supply.

THE CANADIAN PRESS

Ahead of the Curve

Bollywood actress Katrina Kaif displays Research In Motion's new low-priced BlackBerry Curve 9220 at a launch in New Delhi on Wednesday. RIM hopes the new model will attract users in India's thriving telecom market. The smartphone's appeal rests heavily on its use as a social media device, rather than on the security and email features that have attracted more business-minded customers in the past. The new device comes after reports earlier this month said RIM has agreed to give the Indian government access to private instant messages from users, though the company has so far refused to comment. SAURABH DAS/THE ASSOCIATED PRESS

Supreme Court

Conrad Black scores legal win

The Supreme Court of Canada has paved the way for disgraced media mogul Conrad Black to pursue a series of libel lawsuits in the province of Ontario. But it's likely those cases will never be heard. That's because Black and his legal opponents, former associates at Hollinger International and their adviser, Richard Breeden, are in the process of finalizing an out-of-court settlement of the suits.

THE CANADIAN PRESS

Market Minute

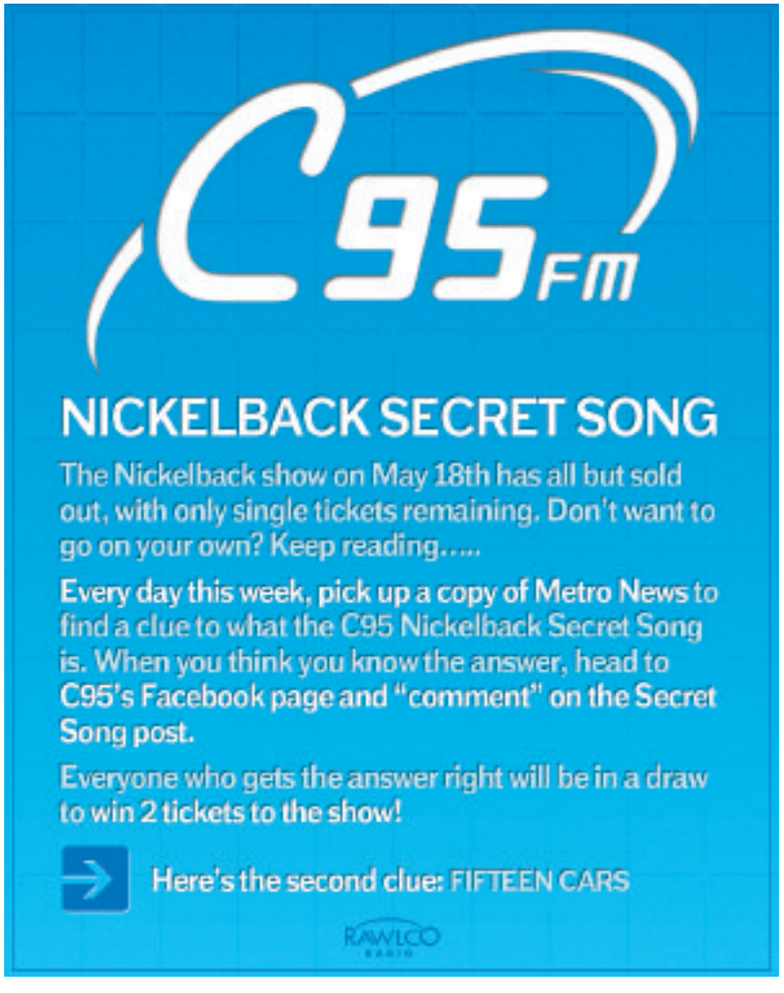
DOLLAR 100.88¢ US (-0.11¢)

TSX 12,128.89 (-8.05)

OIL $102.67 US (-$1.53)

GOLD $1,639.60 US (-$11.50)

Natural gas: $1.951 (No change)
Dow Jones: 13,032.75 (-82.79)


C95 FM
NICKELBACK SECRET SONG
The Nickelback show on May 18th has all but sold out, with only single tickets remaining. Don't want to go on your own? Keep reading.....
Every day this week, pick up a copy of Metro News to find a clue to what the C95 Nickelback Secret Song is. When you think you know the answer, head to C95's Facebook page and "comment" on the Secret Song post.
Everyone who gets the answer right will be in a draw to win 2 tickets to the show!
Here's the second clue: FIFTEEN CARS
RAWLCO RADIO

Canadian high-tech watchmaker raises $4.5M

The Pebble smartphone-connected watch has raised more than $4.5 million in pre-sales. HANDOUT

Of the more than 50,000 ideas that have been pitched on the crowd-funding website Kickstarter, seeking financial support for a new product, none have struck a chord with the web community more than the born-in-Canada Pebble.

It's a sleek, futuristic-looking wristwatch that wirelessly connects to the smartphone in your pocket — either an iPhone or Android device — and displays Caller ID information for incoming calls, emails, Facebook and Twitter messages, or calendar and weather alerts. And, of course, the watch also displays the time, with a number of digital faces to choose from.

Vancouver-born Eric Migicovsky and the rest of the team behind Pebble hoped to raise $100,000 on Kickstarter to help launch the watch commercially.

They sought pledges ranging from a minimum of $99 for one of the very first watches off the production line, up to a contribution of $10,000 for a "mega distributor pack'" of 100 watches.

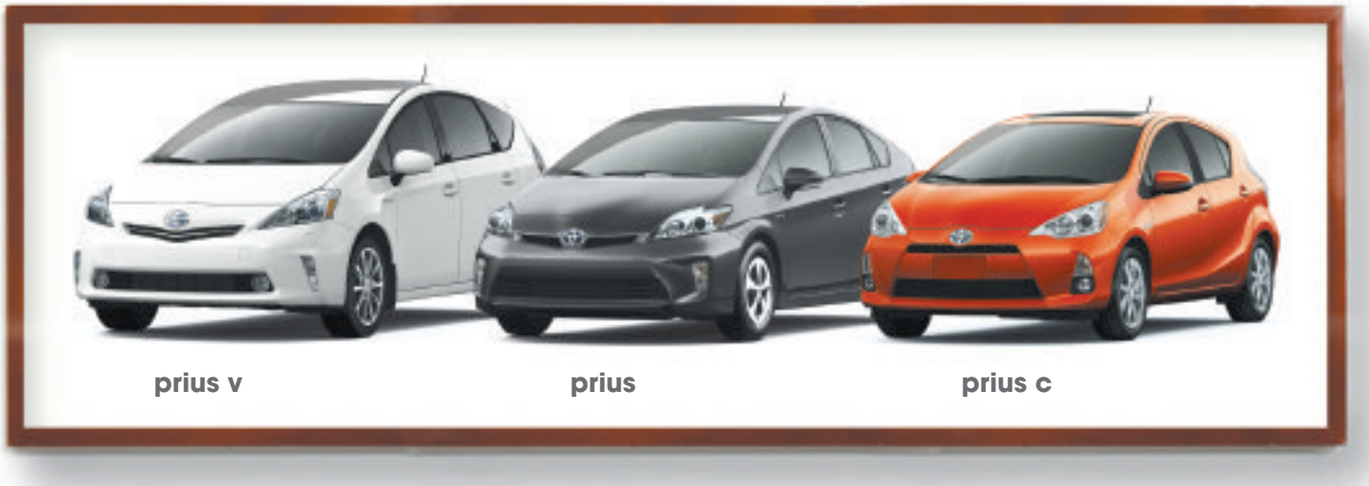
The team had a little over a month to raise the money before their Kickstarter pitch expired. To Migicovsky's complete shock, $100,000 was raised in just two hours. It took 28 hours to exceed their target by 10 times, hitting the million-dollar milestone, and interest in Pebble hasn't slowed since.

Just over a week into the campaign, the Pebble has attracted interest from more than 31,000 backers for a total of more than $4.5 million raised — a new Kickstarter record. And just about every minute of the day, new orders continue to pour in.

THE CANADIAN PRESS

FOR A VIDEO OF THE PEBBLE, VISIT METRONEWS.CA

enter the pick your prius contest for your chance to win a new family member.



visit **metronews.ca/pickyourpriuscontest** to enter for your chance to win the prius of your choice*.

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*no purchase necessary. contest closes May 13, 2012. to register and for full contest details visit www.metronews.ca/pickyourpriuscontest.

UN-'BEAR'-ABLE EPIDEMIC

HE SAYS...
John Mazerolle
metronews.ca/hesays

LOOK OUT! A BEAR!

If you're not already playing dead, you need to read this article. If one of your fellow transit passengers read this and is curled up on the bus floor, leave them there. They did the right thing.

Did you know that 90 per cent of the bear maulings that happen on public transit are preventable? It's true.

How do I know so much? Well, I love spending time in the Canadian wilderness, where the weather is unpredictable, deadly wildlife is everywhere, and several of the hostels have Wi-Fi that only works, like, half the time. So I know about roughing it.

Just saying

I've been thinking about this because last week there was a viral news video that showed a bear roaming in a Los Angeles neighbourhood. It even crossed paths with a man who had his head down while walking and texting. In a moment of tragedy, that man survived.

I've even hiked in the majestic Rocky Mountains. (They're inevitably described that way because, like royalty, they serve no practical purpose.) In the Rockies, you can't help but appreciate life to the fullest, because residents constantly remind you that it could end at any moment.

Every time you turn around, someone is reminding you that you're in "bear country," which unilaterally seceded from Canada in 1994. "Hello, and welcome to the Stay-a-While Inn," they'll say, "where we haven't had a bear mauling in 26 minutes. You're in room 122. Please be advised, there is a bear warning in your bathroom."

And bear country is growing. I've been thinking about this because last week there was a viral news video that showed a bear roaming in a Los Angeles neighbourhood. It even crossed paths with a man who had his head down while walking and texting. In a moment of tragedy, that man survived.

But you might not be so lucky. Bears wandering in suburbs will become more common with climate change (i.e. bears can't afford downtown condos in this economic climate), so you'd best be prepared.

Here's what you need to know:

- Watch closely for signs that a bear might be nearby. These include hats, bow ties, neckties, and stolen pic-a-nic baskets. Also, ranger carcasses.
- LOOK OUT! Did you play dead this time? (Bonus tip: This also works in human relationships.)
- Sometimes playing dead doesn't work and it's better to fight back. The rule of thumb is that if a bear's putting a big sprig of parsley on your back, he's not buying it.
- Unless you've spent the last 10 years investing money in RIM, don't run. Bears can run at high speeds for long periods of time. And if you do start to get away, they'll just jump on one of those bicycles they always ride, while their trainer applauds them on.

And those are my tips. I hope you found them helpful.

OK, you can get up now. Unless there's a bear. In which case, feed it someone walking and texting. Everybody wins.

Gasp! A bear! DAN KITWOOD/GETTY IMAGES

New York City comes full circle

RANDY SCOTT SLAVIN /REX FEATURES /RANDYSCOTTSLAVIN.COM

Spin city

Surreal landscape photo

For American photographer and filmmaker Randy Scott Slavin, it's a topsy-turvy world out there, full of "wonder and different perspectives." For his Alternate Perspective photo series, the 34-year-old New Yorker travelled across America turning everyday surroundings into surreal landscapes.

METRO

A picture is worth...

100

individual images of a scene are used to build up a 360 degree photo. Then, using computer software, Slavin stitches them together to make a stereographic projection. Battery Park Night (above) was 35 photos, each with an exposure time of three seconds.

60 seconds

Randy Scott Slavin

Mesmerizing images — what inspired you?

Growing up, I was always inspired by the surreal, disorientating artwork of M.C. Escher. But overall I'm motivated by seeing the world in a whole new perspective.

What was your biggest challenge in this art project?

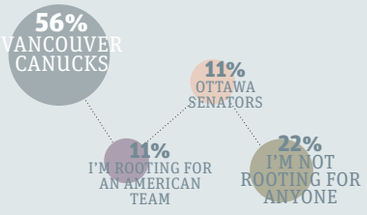
It wasn't so much that I needed to take many photographs of the one scene as capturing it all many times with the constantly changing light. Also, standing outside in freezing winter air was not a pleasant experience.

ANTHONY JOHNSTON

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Which Canadian team are you rooting for in the NHL playoffs?



Twitter

@dukehazzard:
No Canadian city sounds more Canadian than #Saskatoon

@Lebang58:
I have to say, I used to be a Schenn (Saskatoon Blades) fan, but after this season... lol nope. Not anymore.

@MrsScissons:
So proud of former saskatoon blades and current capitals goalie Braden Holtby!!! Way to go!

@greekprincess74:
Jamaican Destination Wedding at Half Moon Resorts | Munaluchi ... http://bit.ly/JggHia

@sbokovay:
Does anyone know if there is an @Starbucks at the saskatoon airport? I didn't get my fix this morning at @flyeia, cant seem to find one...

@feedme:
In Saskatoon not eating poutine

metro

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The Alabama Shakes', from left, Heath Fogg, Zac Cockrell, Brittany Howard and Steve Johnson pose for a photograph during the SXSW Music Festival in Austin, Texas. JACK PLUNKETT/THE ASSOCIATED PRESS

Alabama Shakes taking off on an unexpected magic carpet ride

Debut album. Boys & Girls getting lots of attention from the music industry, critical acclaim from media across the planet

Brittany Howard already had her life planned out by the time she hit her 20s, and it didn't include any of this.

The lead singer and force of nature in Alabama Shakes, rock 'n' roll's newest phenomenon, already had a good job delivering mail and hoped to hold onto it. Like many folks reared in the rural South, she didn't expect much more. Maybe she could carve out a little happiness with a husband and some kids.

"Where we're from, playing music and just playing music is not an avenue to take," Howard said. "It's not an option. Because like, where we're from, most of the people, they've tried their best to get the best job they can and then they stay with that job until they can retire. So music was just kind of like our hobby. It was something we would do to release at the end of the day or still feel like human beings."

Quote

"Where we're from, playing music and just playing music is not an avenue to take."

Brittany Howard
On their road to success

In less than a year, all that has changed and her quartet from Athens, Ala., has become a success story so unlikely even the band's manager calls it "an anomaly." Maximum buzz has preceded the Shakes' debut album Boys & Girls with sold-out tours of the United States and Europe, fawning media coverage and an endless string of surprises.

Howard, 23, sat down for a morning interview early in the band's overstuffed run through the South By Southwest Music Festival last month.

The band rented a house in a tony section of town and was loose and celebrating over breakfast tacos after a successful "Austin City Limits" taping and in anticipation of a heavy schedule of live showcases at the music conference.

They'd just learned they'd be joining Jack White for part of his tour and big opportunities seemed to be coming up every day.

THE ASSOCIATED PRESS

Mraz brings a new kinda love

Folk-pop. California singer breaks his heart open for new love-themed disc, on heels of multi- platinum performance

It's been nearly four years since Grammy-winning troubadour Jason Mraz released his multi-platinum album We Sing. We Dance. We Steal Things and its sunny ukulele-infused hit I'm Yours.

The California singer-songwriter says he had planned to tackle a follow-up to that disc at the end of 2010, and even had 40 or 50 new tunes written for it.

But one day he realized the tracks were "the work really of just clever songwriting" and didn't fit into his vision of a "love" concept album.

Mraz then told himself: "I need a little bit more experience in the world. I need to get out of my head and go break my heart open somehow," the socially conscious pop-folk artist recalled in a recent interview to promote his new album, Love is a Four Letter Word, out this week.

"So I started doing more volunteer work and I started travelling more and pushing myself," Mraz said about the transformative process.

Though love is the theme of the new album, it's about more than just courtship of a relationship.

"It's compassion for others, compassion for oneself, it's loving unconditionally," said the soft-spoken Mraz, who's won two Grammys.

"There's a couple of baby-making jams on there but it's not all romantic love."

THE CANADIAN PRESS

Jason Mraz, known for feel-good, hippie hits like I'm Yours and The Remedy, released his latest album Love Is a Four Letter Word. CARLO ALLEGRI/THE ASSOCIATED PRESS

2

SCENE

Scene in brief

Beliebers will get new album on June 19

Have faith, Beliebers: Justin Bieber says his new album will be out June 19. Believe is Bieber's third full-length release and both prior albums — 2010's My World 2.0 and last year's Christmas disc Under the Mistletoe — opened at No. 1 on the Canadian charts en route to multi-platinum sales. Bieber revealed the news during an appearance on the reality singing competition The Voice on Tuesday night. The 18-year-old Bieber sparred awkwardly with judge Adam Levine before making the announcement, while also pledging to return for the NBC show's season finale in the coming weeks. He says he'll perform his new single, Boyfriend, then. The song has topped the charts in Canada. Host Carson Daly pressed Bieber on whether Believe could possibly be delayed, but the Stratford, Ont., native was firm in his response. "I'm positive. I'm not going to change the date," he said.

THE ASSOCIATED PRESS

On the web

Great geeks: Morgan Spurlock trains lens on cultural phenomenon of Comic-Con

Perry 'a lost soul right now'?

Katy Perry has been putting on a brave face in the wake of her split from Russell Brand, but sources claim the pop star is pining for her comic ex, according to Us Weekly.

"Katy's been trying to get him back. She's a lost soul right now," a source says. The sudden change was reportedly spurred on by a trip to India earlier this month, where Perry and Brand tied the knot in 2010.

"She'd already been missing Russell. Being back there stirred up even more old feelings."

But a rekindled romance isn't likely, the source warns. "Right now, Katy and Russell are trying to get to the point where they can at least be friends."

Sharon Osbourne

Osbourne has some harsh words for Cowell

Sharon Osbourne has a few not-so-nice words for former co-worker Simon Cowell, now that an unauthorized biography on the X Factor boss claims Osbourne quit the reality show because she was jealous of Cowell's alleged affair with fellow judge Danii Minogue.

"I left because I didn't like that girl. When it's not fun, you go," Osbourne insists on her talk-show, The Talk, in response to the story.

"I couldn't care if he was having sex with anything." But the outspoken Osbourne didn't leave it at that: "I think he is a victim of small penis syndrome," she adds. "You can't buy the goods."

Kunis and Kutcher just friends?

The reports of Mila Kunis and Ashton Kutcher dating on the sly are greatly exaggerated, at least according to People magazine's source — and reps for the former That 70s Show co-stars. And at their recent dinner together, the pair were reportedly joined by fellow former cast-members Laura Prepon and Wilmer Valderrama, with all four returning to Kutcher's new L.A. home afterward.

"They have been friends for years and met up for dinner with a group of friends," Kunis' rep insists. But the photographer who spotted them thinks otherwise: "This was definitely more than a dinner between friends," the photographer says.

"This was a full-on date."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Memorable movie experiences

THE WORD
Dorothy Robinson
scene@metronews.ca

The State Supreme Courthouse in lower Manhattan was bathed in light on Tuesday night as movie stars (Catherine Zeta-Jones, Michael Douglas, Robert De Niro, and Dakota Fanning to name just a few), business titans (Ronald Perelman), media mavens (Katie Couric, Charlie Rose, Jared Kushner), designers (Tory Burch, Donna Karan, and Rachel Roy) and Mayor Michael Bloomberg kicked off the 11th year of the Tribeca Film Festival at the uber-swank Vanity Fair party.

We asked these celebrities: What's the first film you remember seeing that had a major impact on you?

Katie Couric
"My mom took me to The Birds when I was five-years-old. I don't think she knew how gory it was. And I remember running up and down the aisles screaming. And maybe that explains a lot. A lot."

Jane Rosenthal (festival co-founder with Robert De Niro):
"Mary Poppins. She was like the first super-hero woman. She could do everything. She was magical. She seemed to do it all. And there's a little girl named Jane so I really liked that too. I can still sing all the lyrics, but I won't."

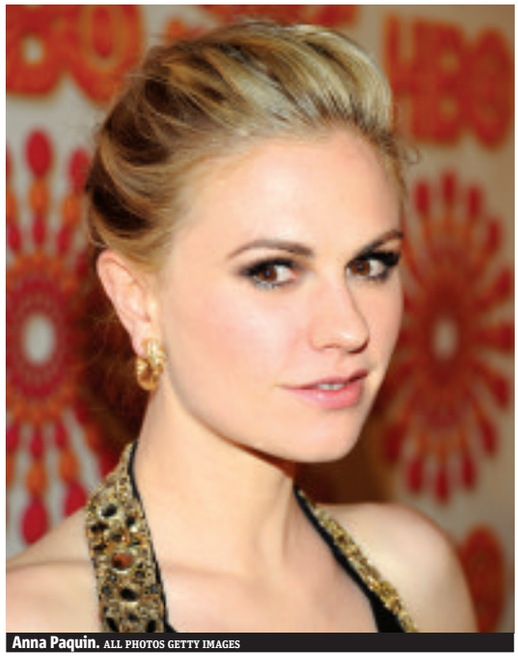
Bob Balaban:
"The 5000 Fingers of Dr. T. was a really big movie for me. It's a cult classic now. It was a fantasy. It was MGM in the early '50s. It was all about a little boy and his piano teacher and he falls asleep and has a dream in which they built a piano where they had however many children — 5,000 fingers playing the piano. It's pretty beautiful."

Tory Burch:
"I always loved To Catch a Thief, especially for the clothes. It inspired me as a designer. I thought that the style was amazing."

John Forté:
"I remember cutting class one day to see Conan the Barbarian. We snuck into the wrong theatre and ended up seeing Wall Street. My friends fell asleep but I was captivated. I came home and started asking my mom to see the business section of the newspaper so I could learn about commodities trading and about stocks and bonds and what the differences were and what yields were."

A Douglas moment

- Reporters called to couple Michael Douglas and Catherine Zeta-Jones (who looked ravishing in a one-shoulder gray sequined dress and Christian Louboutin heels) to come over but they wouldn't talk. "We talked all last night," said Douglas, referring to Monday night when he was honoured for his contributions to the theater at the 12th Annual Monte Cristo Awards.



Anna Paquin. ALL PHOTOS GETTY IMAGES

Paquin and Moyer expecting their own lil' vampire

True Blood co-stars Anna Paquin and Stephen Moyer are expecting their first child, a rep confirms to People magazine. The pair met on the HBO vampire series in 2007 and tied the knot in 2010 during a seaside ceremony in Malibu.

Shortly after they wed, Paquin had expressed hesitation about getting pregnant.

"I have trouble planning anything more than brunch with my friends," Paquin told Marie Clare at the time. "But when the time's right, we'll do it."

This is Oscar-winner Paquin's first child, while Moyer has a son and a daughter from previous relationships.

Demi resurfaces

Demi Moore made her first public appearance since her stint in rehab earlier this year, walking the red carpet for Lifetime's The Conversation with Amanda De Cadenet, for which Moore served as executive producer, according to Us Weekly.

The newly sober actress looks to be trying to get on with her life, starting with changing her Twitter handle, which is still "mrskutcher" even though her marriage to Ashton Kutcher is over.

"Time for a change, Twitter name change. Any suggestions?" Moore posted to her Twitter account this week. "Collecting all the suggestions! thank you, keep them coming."

Twitter

@themichaelcaine
You are only suppose to have a good time

@EMELIOTHEWAY
Wine making & farming weren't enough, so I HAD to throw in bread making too! 3 day ferment sourdough!

@goldiehawn
Yes! Ryder Russell Robinson just hit a home run first game!!!! Bases loaded! Proud Gogo and Gogi!

@eddieizzard
Just finished 3rd half marathon (barefoot). Feet still holding up well. Just had ice bath

Going out with a bang

Straight up. Rooney Mara's bangs in Girl With the Dragoon Tattoo were all over last month's fall 2012 runways. But does this polished look work in hot, sticky weather? We discuss

ROMINA MCGUINNESS
Metro World News in London

"Cutting in fringe is a great way to change up your look dramatically without chopping all your hair off," says hairstylist John Ruggiero from L.A., who has worked wonders on the locks of Elizabeth Olsen and Gisele Bündchen.

"It's a great summer look because it can keep your hair away from your face and still look chic," the guru adds. He talks us through how to keep bangs looking cool and fresh as the weather heats up.

1

Go bold

It's been a little while since Girl With the Dragon Tattoo hit theatres, but Rooney Mara's hair is just beginning to take off as a trend (as witnessed by all of the blunt cut bangs in last month's runway shows). Let's be honest, though; a major part of the appeal is her attitude. "The best way to pull off a really cool fringe like Rooney Mara's is to have that effortless confidence. I'm seeing a lot of different fringe styles right now — straight, wavy, long, short, super short — but it's all about figuring out which look works best for you and owning it."

2

Pick your products wisely

Yes, you want your hair to look great, but you don't want to cause forehead breakouts under there. "Always go for a product that is lightweight and that will protect your hair against heat and humidity. Something like Bumble and Bumble Straight Blow Dry cream will work best. And maybe add a light holding spray at the end," Ruggiero adds.

3

Maximize one cut

Turn the most annoying part about wearing bangs — the fast grow-out — into an opportunity to play around with your 'do.

"Cut your fringe really short and then let it grow out getting a trim every four to six weeks," he says. That way you can go super short one week, and longer and side-swept the next.

Behold, the look that started it all: Rooney Mara's razor-sharp, super-cropped bangs. GETTY IMAGES

Hair products to keep your fringe under control

1 Bumble and Bumble
Straight Blow Dry

$28, bumbleandbumble.com

2 Oribe
Imperméable Anti-Humidity Spray

$38, oribe.com

3 Frederic Fekkai
Smooth Sailing Anti-Frizz Cream

$25, fekkai.com

Three to compare

1 Short
Alexa Chung

Alexa's bangs aren't quite as blunt as Mara's, making for a more natural, undone look.

2 Longer
Jennifer Lawrence

Jennifer Lawrence's beachy fringe has that, "I've just come back from an island holiday," thing happening.

3 Longest
Rihanna

Rihanna nails the between-haircuts-sideswept 'do.

3 LIFE

Today's picks

Kenzo for Vans

Vans has churned out too many special editions of its classic Era shoe to count. Some of them have been really good. Others have just been, eh (pink Hello Kitty lace-ups, anyone?). But its latest collaboration with Kenzo achieves a rare perfect balance, basically creating a kind of prototype for what the skate shoe should be: colourful, a little off-beat and cool. The collection, designed by Humberto Leon and Carol Lim, features the same net graphic prints from their spring/summer '12 collection in seven different colorways. They're almost too cute to ollie in.
kenzo.com

The paisley tee

Raf Simons is a hot topic, now that he's been named the new creative director of Christian Dior. A graphic shirt from his critically acclaimed ss12 collection for Jil Sander is not only an on-trend update for your jeans and Tee combo (paisley is everywhere right now), but a cool investment for hardcore fashion collectors.

KENYA HUNT, METRO WORLD NEWS IN LONDON

On the Web

Designers from Edmonton, Toronto and Montreal among TFI New Labels finalists

Think Ottawa is boring? It's time to take a second look

Simplicity.
International furniture brand BoConcept looks to Canada for design inspiration

KARL LOHNES
For Metro

Ottawa Chair in leather, from $1,155.

Karim Rashid sits on the Ottawa Chair, part of his collection for Danish furniture brand BoConcept. ALL PHOTOS HANDOUT

"When I think of Ottawa, I see many geographical similarities to Denmark," says Canadian-born designer Karim Rashid.

"That's how my new collection called Ottawa came to fruition for the 60-year-old Danish-brand furnishings store BoConcept."

Rashid, who was schooled at Ottawa's Carleton University, launched a global furniture and accessory line with BoConcept stores this spring.

The upper-to-mid price range Ottawa collection was inspired by Rashid's love of nature, yet the look is far from rustic.

Its streamlined, simple forms and exquisite quality makes every piece an instant design collectable.

"People think that simple, modern furnishings are so easy to design and make and therefore it should have a low cost attached." he said.

Actually, the simpler the piece, the better quality materials and longer production time is needed to make sure everything is perfect.

"By embellishing furnishings with fabric skirting, studs, trims and bobbles, we can hide a not-so-perfect-form. We hide nothing in this collection and it works very well."

With three Canadian stores already established in Vancouver, Calgary and Toronto, and a Montreal location opening at the end of the year, the Danish retailer is imbedding its roots coast to coast while injecting pure Canadian style into its international brand.

Inspirations

Karim Rashid's Ottawa collection was inspired by nature, but the look is modern through and through.

- **Ottawa Chair.** While the chair's seat and back is factory molded for precise comfort, Rashid said the concept sprang from "a modern take on leaves and trees."
- **Sideboard.** Options include various inserts to change the accents from wood to bright colours. Rashid imagined it "like a tree house being supported by trees."

The designer's notable pink signature and thumbprint is like art for the floor. Thumbprint Rug, starting at $895.

Removing grease from napkins

Pre-treating is the key

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Dear Charles the Butler,
In being more environmentally friendly, my family uses cloth napkins instead of paper. The problem is, though we regularly wash them, greasy food stains stick around. I've tried spot cleaning with Dawn liquid dish detergent, which often has good results, but it's a time-consuming job. Is there a better — and less time-consuming — way to remove grease stains?
Sally

Dear Sally,

Nice to hear you're teaching your family about their environmental footprint. I too use cloth napkins.

So how to clean these napkins? Unfortunately, each stain does need to be pre-treated.

A ph neutral soap, like what you're currently using, should be applied to each grease stain, let it sit then rinse with cold water. To really work that stain, try soaking the napkins overnight in a pail. You could also try commercial spot removers if regular soap is not doing the trick. It's important to remember if the stains are still on the napkins when you take them out of the washer, do not put them in the dryer until you re-treat the stain again. What goes into the dryer comes out the same way!

HAVE A QUESTION? EMAIL ASKCHARLESTHEBUTLER@METRONEWS.CA

Want to improve your environmental footprint? Start with cloth napkins. ISTOCK

Get the sweetest results every time with homemade treats

Maple Carrot Cakelets with Cream-Cheese-Maple Frosting

This recipe makes 12 cakelets. EMILY RICHARDS

DINNER EXPRESS
Emily Richards
food@metronews.ca

For an added bit of sweetness in these cakelets, use a wooden spoon handle to make a small hole in the centre of each one and fill it with some icing before spreading the top with icing.

1. In bowl, whisk flour, baking powder, cinnamon, nutmeg and baking soda; set aside.

2. In bowl, whisk maple syrup, sugar, eggs, butter and vanilla until smooth. Stir flour mix into maple syrup mix and stir to combine. Stir in carrots.

3. Scoop batter into 12 greased or lined muffin tins. Bake in centre of 350 F (180 C) oven for about 25 minutes or until cake tester inserted in centre comes out clean. Let cool completely.

4. Cream-Cheese-Maple Frosting: In bowl, beat cream cheese and maple syrup. Gradually add icing sugar and beat until fluffy and smooth. Spread each cakelet with frosting and sprinkle with sprinkles if desired.

EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA

Ingredients

- 2 cups (500 mL) flour
- 2 tsp (10 mL) baking powder
- 1 tsp (5 mL) cinnamon
- ½ tsp (2 mL) ground nutmeg
- ¼ tsp (1 mL) baking soda
- ¾ cup (175 mL) pure maple syrup
- ½ cup (125 mL) brown sugar
- 2 eggs
- ½ cup (125 mL) butter, melted
- ½ tsp (2 mL) vanilla extract
- 1 ½ cups (375 mL) grated raw carrots

Cream-Cheese-Maple Frosting

- 4 oz (125 g) light cream cheese
- 2 tbsp (25 mL) pure maple syrup
- 1 1/3 cups (325 mL) icing sugar

Cookbook of the Week

The Back In the Day Bakery Cookbook

Back in the Day Bakery is a Savannah, Ga., landmark. To celebrate its 10th anniversary, owners Cheryl and Griff Day have written a book filled with customers' favourites.

The book is packed with the couple's baking know-how and recipes for their Buttermilk Biscones, Old Fashioned Cupcakes, Chocolate Bread, Cinnamon Sticky Buns, S'more Pie, Drunk Blondies and more.

Full-colour photos of food and behind-the-scenes bakery shots give readers a glimpse into the sweet daily life at the bakeshop. METRO

Drool-worthy popovers

1. Heat oven to 200 C (400 F). Coat a 1.5-l (6-cup) popover pan with cooking spray.

2. In blender, combine flour, milk, eggs, butter, sugar, salt and cardamom. Blend until very smooth batter is created, about 1 minute. Fill each prepared popover pan cup about halfway with batter. The remainder can be baked as a second batch or refrigerated for up to 24 hours.

3. Bake 30 mins. Remove popovers from pan and use knife to cut small hole in top of each for steam to escape. Let cool.

4. Filling: In bowl, gently stir mascarpone, honey, lemon juice and zest, and cinnamon. When popovers have cooled enough to handle, carefully tear opening in each just enough to be able to spoon in about 50 ml (1/4 cup) of the filling. Serve each with sliced strawberries or other fresh berries.

THE ASSOCIATED PRESS/ ADAPTED BY EMILY RICHARDS (EMILYRICHARDSCOOKS.CA)

Ingredients

Popovers

- 500 ml (2 cups) all-purpose flour
- 500 ml (2 cups) milk
- 4 large eggs
- 30 ml (2 tbsp) butter, melted
- 15 ml (1 tbsp) sugar
- 5 ml (1 tsp) salt
- 2 ml (1/2 tsp) ground cardamom

Filling

- 2 tubs (each 250 g/8 oz) mascarpone
- 30 ml (2 tbsp) honey
- Juice and zest of 1 lemon
- 10 ml (2 tsp) cinnamon
- Sliced strawberries or other fresh berries, to serve

This recipe makes 12 servings. MATTHEW MEAD/ THE ASSOCIATED PRESS

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- Olay Silk Whimsy Moisturizing Body Wash
- Rub A535 Ultra Strength No Odour Topical Analgesic Cream
- Soft Soap Deep Cleansing Sea Mineral Hand Soap
- Degree Men Adrenaline Everest Deodorant
- Secret Natural Mineral Deodorant
- CoverGirl Lashblast Fusion Mascara
- Maybelline Fit Me Foundation
- Nair Ultra Precision Face & Eyebrow Rollon Wax
- CanesOral combi-pak
- Trojan Bareskin 10's
- Gillette Fusion ProGlide Shave Prep
- Burt's Bees Tinted Lip Balm
- Oral B ProHealth For Me CrossAction Toothbrush
- Gravol MultiSymptom Tablets: Ginger And Willow Bark
- Nice 'n Easy Colour Blend Foam
- Nivea Pure & Natural Cleansing Lotion

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BEST IN FOOD & BEVERAGE CATEGORY

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- Del Monte No Salt Added Vegetables
- VH Steamers
- Kraft Mozzacheddar Light Shredded Cheese
- Dr. Oetker Panebello Bakery Crust Pizza
- Maple Leaf Natural Selections Meat
- Dempster's WholeGrains Canadian Century Grains
- Stride Spark Gum
- Smucker's Simple Blends Fruit Spread
- Del Monte Refrigerated Blueberries Snack Cup
- Nutrigrain Superfruit Flavours
- Minute Maid Heart Wise
- Werther's Original Caramel Chocolates
- Astro Original Greek Yogourt
- Bick's 50% Less Salt Pickles
- Lipton Herbal Pyramids Tea
- High Liner Market Cuts
- Silk True Almond Dark Chocolate Beverage
- Great Grains Cereal
- Campbell's Light Cream Of Mushroom Soup
- Molson Canadian 67 Sublime
- Smirnoff Coconut Vodka

BEST HOUSEHOLD PRODUCTS

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- **Mr. Clean Magic Eraser Bath Scrubber**
- Whiskas Reclosable Wet Food Trays
- Febreze Set & Refresh Air Freshener
- Dawn Destinations New Zealand Springs Scent
- Oxi Clean Max Force Power Paks Stain Remover
- Tide Free For Cold Water
- Glad Compostable Bags With Odour Guard
- Charmin Ultra Soft

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This product is a **naturally sourced and non-drowsy anti-nauseant, pain reliever and fever reducer**. Ginger is traditionally used in Herbal Medicine to help relive digestive upset like nausea and indigestion. Ginger is used also to prevent the symptoms of nausea and vomiting associated with motion sickness, postoperative nausea and seasickness. Willow bark is used to relieve headache, fever and mild aches and pains.

"It's great to take a single Gravol Multi-symptom Tablet and get relief for all my symptoms. The bonus is once I feel better, I can get out and get going because there are no drowsy side effects." **– Karen L.**

"It is non-drowsy. That is why it is constantly used in my household." **– Joanne H.**

"I like that it uses ginger–a natural way to solve the health issue involved!" **– Rhonda B.**

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"As it says on the product it's thinner than what we are usually used to. It feels almost like "wearing" nothing." **– Katie M.**

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– George H.

"Fast acting, no odour. Works immediately. Best of it is that it is a great pain reliever." **– Bev B.**

"I have arthritis, and this is a product I've known and trusted for years." **– Lori W.**

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"I used to regularly visit my salon for eyebrow waxing. Now with Nair Ultra Precision Roll-on hair removal, I get the same great results at home, saving me time and money!"
– Elizabeth H.

"It does the job – and is long lasting. Plus, love the roll on!" **– Dawn F.**

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4 SPORTS

Quoted

"First off, I hope he's all right. But as far as the hit goes, I felt like it was a hockey play, just trying to finish my hit out there."

Phoenix forward Raffi Torres after laying a devastating hit on Chicago's Marion Hossa in the Coyotes' 3-2 win over the Blackhawks on Tuesday. Hossa was taken from the ice on a stretcher and released from hospital a couple hours later with "encouraging results," according to the Blackhawks. A hearing will be held Friday at the NHL's New York office to determine Torres' fate In the meantime, he is suspended indefinitely and will sit out Game 4 on Thursday night.

NBA

West fined $25K for 'wet willy'

Mavericks guard Delonte West has been fined $25,000 by the NBA for jabbing his finger into the ear of Jazz swingman Gordon Hayward during the second quarter of Utah's 123-121 triple-overtime win over Dallas on Monday. The NBA issued the fine Wednesday, calling it a "physical taunt." West had been called for fouling Hayward away from the ball then walked after him to give him what he called a "wet willy." West received a technical but was not tossed out of the game.

THE ASSOCIATED PRESS

On the web

The Indianapolis Colts say they know who they'll select at No. 1 in the NFL draft and it will almost certainly be Peyton Manning's successor. But which top QB they'll take with the pivotal pick remains a closely-guarded Colts secret. Scan the code for the story.

Steve Sullivan celebrates after scoring a goal against Kimmo Timonen, centre, and Sergei Bobrovsky Wednesday in Philadelphia. MATT SLOCUM/THE ASSOCIATED PRESS

Penguins rout Flyers to lengthen series

NHL. Pittsburgh scores eight straight goals to secure lopsided win

Game 4

Penguins	Flyers
10	3

Pushed to the brink of a sweep, Pittsburgh's Sidney Crosby, Evgeni Malkin and Jordan Staal pushed back with a vengeance, helping the Penguins score nine goals in the first two periods in a 10-3 win over the Philadelphia Flyers on Wednesday in their opening-round playoff series.

Staal had a hat trick, Malkin scored his first two goals of the series and Crosby added one to help the Penguins cut the series deficit to 3-1. Game 5 is Friday in Pittsburgh.

Marc-Andre Fleury settled down after a shaky first period and had his best game of the series, easily outplaying counterpart Ilya Bryzgalov.

The Flyers led 3-2 when the Penguins reeled off eight straight goals to win the most lopsided game of the series.

"It was a crazy game in a lot of ways," Pittsburgh coach Dan Bylsma said. "But we got a lot of big saves at key times, and we were able to turn it the other way."

Claude Giroux, Kimmo Timonen and Jakub Voracek all scored for the Flyers, who blew their chance at a stunning sweep of the 108-point Penguins. Bryzgalov, shaky all series, was at his worst in Game 4. He was yanked for Sergei Bobrovsky after allowing his fifth goal of the game.

"We had a task tonight to win one game, and focus only on one game," Bylsma said. "And we got that win tonight. That's our focus for the next game, back in Pittsburgh."

THE ASSOCIATED PRESS

Historic night

The Penguins were the first team to score at least 10 goals in a playoff game since the Los Angeles Kings scored 12 against the Calgary Flames on April 10, 1990, according to STATS LLC.

Football. CFL approves rule changes to add video review to all scoring plays

There will be no more second guessing from armchair quarterbacks — at least as far as scoring is concerned — when the CFL kicks off with its opening exhibition games on June 13 with the Argonauts in Hamilton and Saskatchewan in Vancouver.

The league announced on Wednesday that all scoring plays will be reviewed by video from the command centre.

That means all TDs, field goals, singles and safety touches will be reviewed without either team challenging the scoring play.

A couple of key safety rules have also been approved by the CFL's board of governors.

Officials will blow the play dead immediately if a ball carrier's helmet comes off. The play will resume at the spot where the helmet came off.

Also, any player whose helmet comes off during a play must stop in his tracks. He can't make a tackle. He can't try to deflect a pass. He must refrain from participating in the play.

If a helmetless player doesn't stop, his team will be penalized 10 yards for illegal participation. And if a player hits a player without a helmet — and that player isn't involved in the play — the offender's team will be penalized 15 yards for unnecessary roughness.

TORSTAR NEWS SERVICE

Henry Burris gives a thumbs-up during the Tiger-Cats' pre-season mini-camp Wednesday in Hamilton. SCOTT GARDNER/THE CANADIAN PRESS

NHL

Canucks win to extend their series

Cory Schneider made 43 saves and stopped Dustin Brown's penalty shot in his first career playoff victory, Daniel Sedin sparked Vancouver's power play in his return from injury, and the top-seeded Canucks avoided an embarrassing first-round sweep with a 3-1 victory over the Los Angeles Kings in Game 4 on Wednesday night.

Kevin Bieksa scored the go-ahead goal, and Alex Edler and captain Henrik Sedin scored the first two power-play goals of the series for the Canucks, who emphatically avoided becoming the first Presidents' Trophy-winning team in the post-expansion era to get swept out of the first round.

Game 5 is Sunday in Vancouver.

THE ASSOCIATED PRESS

NHL

Senators beat Rangers in OT

Kyle Turris scored at 2:42 of overtime to give the Ottawa Senators a 3-2 victory over the New York Rangers Wednesday night.

The Senators tied their Eastern Conference quarter-final series 2-2. Game 5 is Saturday in New York.

Ottawa cut the Rangers' lead to 2-1 at the seven-minute mark of the second as Matt Carkner, coming out of the penalty box, took a pass from Jason Spezza and fed it to Michalek, who backhanded it over Lundqvist's right shoulder.

The crowd of 20,340 at Scotiabank Place went on to give Ottawa a standing ovation for over three minutes.

THE CANADIAN PRESS

Predators

Busy nights in goal for puck-magnet Pekka Rinne

The break in the schedule is giving Predators goaltender star Pekka Rinne a little rest. Now his teammates want to give him a chance to catch his breath against their first-round foes, the Detroit Red Wings.

Thanks to Rinne stopping 35 or more shots in each win, Nashville is up 3-1 in pushing the Red Wings to the brink of elimination in their first-round Western Conference series.

THE ASSOCIATED PRESS

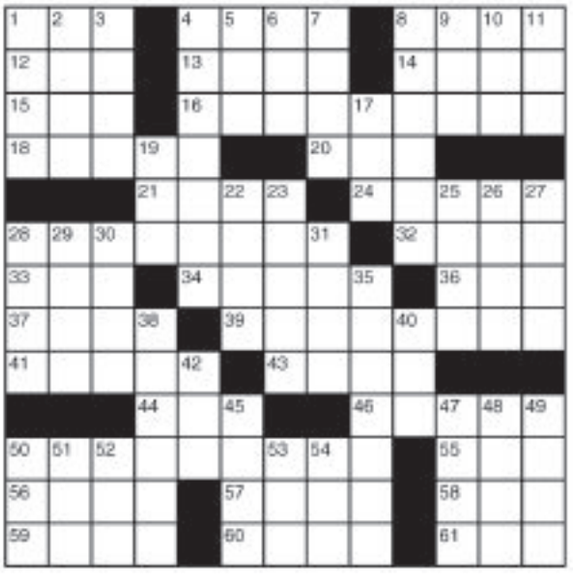
Crossword

Across

1 Upper limit
4 Little demons
8 Be in charge of
12 Coloration
13 Appearance
14 Shrek, for one
15 Refuge craft
16 Erich Segal novel
18 Hymn of praise
20 Bankroll
21 Nuisance
24 Veranda
28 Furniture for two
32 Mediterranean strip
33 — out a living
34 Dieter's entree
36 Forefront
37 Broadcasts
39 Small parrot
41 Skewered meal
43 Pleasant
44 To and —
46 Jockey's handful
50 Tomato
55 Siesta
56 Satan's field
57 Genealogy chart
58 Bookkeeper (Abbr.)
59 On the tainted side
60 Fax
61 Fix a cuff

Down

1 Bloke
2 Emanation
3 Lap dog, for short
4 Doctor's concern
5 Cattle call?
6 Angle (Abbr.)
7 Distort
8 Frank
9 Id counterpart
10 Timetable abbr.
11 Susan of "L.A. Law"
17 Easy mark
19 Mimic
22 Caulk
23 Claw
25 Sitarist Shankar
26 Autocrat
27 Full house, e.g.
28 Secrecy thwarter
29 Tom Joad type
30 Hit or miss?
31 "Rikki-Tikki- —"
35 Issued a fiat
38 Without risk
40 Spell-down
42 Support system?
45 Makes a decision
47 Part of the foot?
48 Scruff
49 Unwanted e-mail
50 Journey segment



51 Eggs
52 Energy
53 Ante-
54 Writer Deighton

Sudoku

1					2	8	6	
	9			6		5	2	
2			1					3
				1			3	5
		7				9		
9	4			7				
4					6			9
	6	3		4			5	
	8	9	7					6

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

8	5	2	1	4	7	3	6	9
9	3	7	2	6	5	4	8	1
1	4	6	9	3	8	2	7	5
3	2	5	4	8	6	1	9	7
4	6	1	5	7	9	8	3	2
7	8	9	3	1	2	5	4	6
2	7	4	6	5	3	9	1	8
5	1	8	7	9	4	6	2	3
6	9	3	8	2	1	7	5	4

Yesterday's Crossword

Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

C K G B X Z J M R A Z W G C A N U

W N B X M Q E M W Y M Q L R T A M

J N Z Q E G F - J Z D W B Z Y T N D A N Y :

" A E N K G F Z Y U M C L Z Q L ."

Yesterday's Cryptoquip: IF THE KING OF HUMPBACKS HAD A MALE OFFSPRING, WOULD HE BE CALLED THE PRINCE OF WHALES?

Today's Cryptoquip Clue: O equals W

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today 7°/-3° Partly sunny
Friday 10°/3° Rain 90%
Know what the weather will be 14 days from now.
Check the 14 day trend.
TWN incorporates MSC data

Horoscope

Aries | March 21 - April 20. No matter how much of a hard time others give you today, you must not rise to the bait.

Taurus | April 21 - May 21. As the Sun moves into your birth sign today, your expectations are sure to be high but don't try to do everything at once.

Gemini | May 22 - June 20. You may find it difficult to take a certain person seriously but the planets indicate he or she has something important to teach you.

Cancer | June 21 - July 22. Speed is of the essence so don't waste time thinking about what you intend to do, just do it.

Leo | July 23 - Aug. 22. The Sun crosses the career angle of your chart, making you even more active and ambitious than usual.

Virgo | Aug. 23 - Sept. 22. You've been too intense, but now the Sun is moving into one of the more easygoing areas of your chart. You can start smiling again.

Libra | Sept. 23 - Oct. 22. Partners and loved ones will be rather demanding today and money worries may be a problem too.

Scorpio | Oct. 23 - Nov. 21. The Sun's move into your opposite sign may make it seem as if others have the upper hand but they don't. You're still the boss.

Sagittarius | Nov. 22 - Dec. 21. Assert your authority and make sure friends and rivals alike are aware that you are not going soft in your old age.

Capricorn | Dec. 22 - Jan 20. The Sun moves into the most dynamic area of your chart today and over the next four weeks you must go all out to realize your ambitions.

Aquarius | Jan. 21 - Feb 18. It doesn't matter what you start so long as you start something. A good place to begin would be your home.

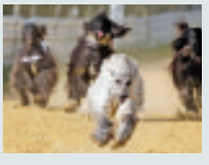
Pisces | Feb. 19 - March 20. If what you're working on fails to inspire you then ditch it — and find your real passion. SALLY BROMPTON

Caption Contest

"Lift...lift..."
John

TRAVIS MORISSE, THE HUTCHINSON NEWS/ THE ASSOCIATED PRESS

Win!



You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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